

CLAIMS

What is claimed is:

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1. An isometric exercising apparatus comprising:

a support structure;

a user engageable member;

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securing means for coupling said user engageable to said support structure;

measuring means for measuring and displaying the force exerted by user on said
user engageable member.

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2. The isometric exercising apparatus of claim 1 wherein:

said support structure includes supports designed to resist strongest range of
motion of muscular force applied by a human body during use.

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3. The isometric exercising apparatus of claim 1 wherein:

said support structure includes a base member designed to support a user.

4. The isometric exercising apparatus of claim 1 wherein:

said user engageable member includes a first end, an intermediate section, and a
second end, wherein said first end and said second end are removably supported
by said support structure.

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5. The isometric exercising apparatus of claim 1 wherein:

said user engageable member includes a first end, an intermediate section, and a second end, wherein said first end and said second end are rigidly supported by said support structure.

6. The isometric exercising apparatus of claim 1 wherein:

securing means for coupling said user engageable member to said support structure in a manner to permit said first end and said second end of the user engageable member to be secured to said support structure in user's desired position.

7. The isometric exercising apparatus of claim 1 wherein:

securing means for coupling said user engageable member to said support structure in a manner to permit said first end and said second end of the user engageable member to be detachably secured to said support structure in user's desired position.

8. The isometric exercising apparatus of claim 1 wherein:

said measuring means is in communication with a means for displaying the maximum force exerted by user.

9. The isometric exercising apparatus of claim 1 wherein:

said measuring means includes a means for storing data.

10. The isometric exercising apparatus of claim 1 wherein:

said measuring means includes a means for storing said maximum force exerted
5 by user.

11. The isometric exercising apparatus of claim 1 wherein:

said measuring means includes a means for identifying a plurality of users.

10 12. The isometric exercising apparatus of claim 1 wherein:

said measuring means includes a means to retrieve said stored maximum force
exerted by user.

13. An isometric exercising apparatus comprising:

15 a support structure, having a bench resting on the floor and adjacent supports
extending vertically;

a user engageable member;

20 securing means for coupling said user engageable to said support structure;

measuring means for measuring and displaying the force exerted by user on said
user engageable member.

14. The isometric exercising apparatus of claim 13 wherein:

said support structure includes a bench resting on the floor and adjacent supports
extending vertically designed to resist the strongest range of motion of muscular
force applied by a human body during use.

15. The isometric exercising apparatus of claim 13 wherein:

said user engageable member includes a first end, an intermediate section, and
second end, wherein said first end and said second end are perpendicularly
supported by said vertical supports of said support structure.

16. The isometric exercising apparatus of claim 13 wherein:

said user engageable member includes a first end, an intermediate section, and
second end, wherein said first end and said second end are removably
supported by said vertical supports of said support structure.

17. The isometric exercising apparatus of claim 13 wherein:

said user engageable member includes a first end, an intermediate section, and
second end, wherein said first end and said second end are rigidly
supported by said vertical supports of said support structure.

18. The isometric exercising apparatus of claim 13 wherein:

securing means for coupling said user engageable member to said

support structure in a manner to permit said first end and said second end of the user engageable member to be secured to said support structure in user's desired position.

5 19. The isometric exercising apparatus of claim 13 wherein:

securing means for coupling said user engageable member to said support structure in a manner to permit said first end and said second end of the user engageable member to be detachably secured to said support structure in user's desired position.

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20. The isometric exercising apparatus of claim 13 wherein:

said measuring means is in communication with a means for displaying the maximum force exerted by user.

15 21. The isometric exercising apparatus of claim 13 wherein:

said measuring means includes a means for storing data.

22. The isometric exercising apparatus of claim 13 wherein:

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said measuring means includes a means for storing said maximum force exerted by user.

23. The isometric exercising apparatus of claim 13 wherein:

said measuring means includes a means for identifying a plurality of users.

24. The isometric exercising apparatus of claim 13 wherein:

said measuring means includes a means to retrieve said stored maximum force exerted by user.

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25. A method for exercising, comprising the steps of:

exerting a first force by a muscle group against a user engageable member;

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measuring a maximum value of said first force;

recording said maximum value of said first force;

abstaining from exercising said muscle group for a predetermined period of time

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as prescribed by the magnitude of said recorded force;

exerting a second force by said muscle group against the user engageable

member;

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measuring a maximum value of said second force through the measuring means;

retaining the maximum value of said second force;

extending the exercising abstention period when the maximum value of the
second force is a lower value than the maximum value of the first force;

exercising abstention period for the muscle group.

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26. The method according to claim 25 wherein:

the first force is at the greatest exertion level of the muscle group.

27. The method according to claim 25 wherein:

10 the first force is exerted in the position of the strongest range of motion of said
the muscle group.

28. The method according to claim 25 wherein:

the first force is exerted for a period of 10 seconds.

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29. The method according to claim 25 wherein:

the first force is exerted until complete muscle fatigue.

30. The method according to claim 25 wherein:

20 the first force is slowly increased until the first onset of pain.

31. The method according to claim 25 wherein:

the second force is at the greatest exertion level of the muscle group.

32. The method according to claim 25 wherein:

the second force is exerted in the position of the strongest range of motion of said muscle or muscle group.

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33. The method according to claim 25 wherein:

the second force is exerted for a period of 10 seconds.

34. The method according to claim 25 wherein:

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the second force is exerted until complete muscle fatigue.

35. The method according to claim 25 wherein:

the second force is slowly increased until the first onset of pain.

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36. The method according to claim 25 wherein:

the maximum value is retained by the means for storing said maximum force exerted by user.

37. The method according to claim 25 wherein:

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the exercising abstention period is extended by three days.

38. The method according to claim 25 wherein:

the exercising abstention period is extended by four days.

39. The method according to claim 25 wherein:

the exercising abstention period is extended by five days.

5 40. The method according to claim 25 wherein:

the exercising abstention period is extended by six days.

41. The method according to claim 25 wherein:

the exercising abstention period is extended by seven days.

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42. The method according to claim 25 wherein:

the exercising abstention period is extended by eight days.

43. The method according to claim 25 wherein:

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the exercising abstention period is extended by nine days.

44. The method according to claim 25 wherein:

the exercising abstention period is extended by ten days.

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